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# Mouth X-Ray



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### Take-home Activity 1: My Tooth Record

**Note to parents:** This is the first of three activities that you and your child can do together at home. These take-home activities reinforce what your child is learning at school. On the front of each take-home activity sheet are directions for you and your child to follow. On the back of each sheet is important background information for you. When you finish the activity, fill in the Certificate of Completion and return it to school.

At school, your child is learning about teeth: what teeth look like, what different jobs they do, and how many teeth each student has in his or her mouth. To prepare for a graphing lesson at school, count the number of teeth your child has in his or her mouth.

#### **Materials**

1 toothbrush or Popsicle stick

1 mirror

#### **Procedure**

- Stand next to your child in front of the mirror. Open your mouths wide. Look in the mirror and see the teeth in both mouths. Who has more teeth? Record your answer on the Certificate of Completion.
- 2. Use the clean handle of a toothbrush or a clean Popsicle stick. While your child looks in the mirror, point to each tooth in his or her mouth and count it. Count both the top and bottom teeth. Record the total number of teeth on the Certificate of Completion.
- 3. Are there any missing teeth in your child's mouth? Are there any loose teeth? Are there any new teeth just coming in? Look in your child's mouth and count any missing, loose, or new teeth. Record your findings on the Certificate.
- 4. For fun, let your child count your teeth. Open wide and let your child hold the toothbrush or Popsicle stick and touch each of your teeth while counting. Ask your child to tell you if a tooth is an incisor, a canine, or a molar. Let your child tell you what job each tooth has.

### **Certificate of Completion**

(complete and return to your child's teacher)

Who has more teeth?
How many teeth did you count in your child's mouth?
Are there any missing, loose, or new teeth?
Parent's or guardian's signature
Child's signature

### **Background Information**

Can you remember when your child's first teeth began to appear? Usually, the first "baby" (primary) tooth appears between the ages of six months to one year. By age two or three, most children have all 20 primary teeth.

Now your child is beginning to lose these primary teeth. As a natural part of growth, the roots of the primary teeth dissolve. When the permanent teeth begin to erupt, or appear in the mouth, the primary teeth fall out.

Even before your child loses his or her first tooth, the first permanent tooth usually has appeared. Behind the primary molars in your child's mouth are his or her 6-year molars. These are the first teeth that your child will have forever. As your child grows and becomes an adult, these molars will be doing their job of chewing food, helping form speech, and stabilizing the shape of the face.

These very important teeth deserve special attention so that they will last a lifetime. Dental professionals recommend using sealants to protect their chewing surfaces from tooth decay. Sealants are thin plastic coatings that fill in the grooves on top of the molars where food can get stuck. Sealants act as a physical barrier that protects the tooth from acid that causes decay. Molars should be sealed soon after they appear in the mouth before decay can begin. Along with keeping the tooth healthy, sealants can save money because they usually cost less than filling the tooth. Sealants are an excellent investment in your child's oral health.

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## The Parts of My Mouth Game Cards



















